



JAPAN TSUNAMI SUPPORT

MARCH 11, 2011

People around the world are mourning the devastation caused by today's earthquake and resulting tsunami. MHN is here to help members who are impacted, directly or indirectly.

SERVICES FOR MEMBERS

Telephonic and Web-Video Consultations – If you need help coping with this traumatic event, call MHN directly using your company's toll-free access number listed on the next page.

Online Member Services – Visit www.eap4soc.mhn.com for help coping with stress, grief, traumatic events and more.

ADDITIONAL RESOURCES

Google has set up a **Person Finder** in both English and Japanese: <http://japan.person-finder.appspot.com/>

Japanese Red Cross Society (*Nippon Sekijujisha*) (in English and Japanese): www.jrc.or.jp/english/index.html

NEWS

BBC News:

www.bbc.co.uk/news/world-middle-east-12307698

www.bbc.co.uk/news/world-asia-pacific-12709598

CNN:

<http://edition.cnn.com/2011/WORLD/asiapcf/03/11/tsunami.hawaii.japan.warning>

The Diplomat's Tokyo Notes:

<http://the-diplomat.com/tokyo-notes/2011/03/11/japan-earthquake-update>

Major Japanese newspapers, translated into English:

Mainichi Shimbun: <http://mdn.mainichi.jp/mdnnews/news/20110311p2g00m0dm060000c.html>

Yomiuri Shimbun: www.yomiuri.co.jp/dy/national/20110311dy01.htm

Nikkei Shimbun: <http://e.nikkei.com/e/fr/freetop.aspx>

Asahi Shimbun: www.asahi.com/english

Original online versions of all major Japanese papers: www.onlinenewspapers.com/japan.htm

STAY HIGH AND DRY

If you are in a coastal area where a tsunami watch is in effect, do NOT head for the beach to see the waves. If you do, you are risking your life. For up-to-date details, visit the **Pacific Tsunami Warning Center** at www.weather.gov/ptwc/.

TIPS FOR COPING

Whether you are impacted directly or indirectly (for example, if you are experiencing feelings of stress, fear or helplessness resulting from stories or images in the news), the following tips can help you cope:

- » **Acknowledge your emotions.** Allowing yourself to feel sadness and other emotions is part of the healing process. Ignoring these feelings can cause problems from insomnia to eating disorders.

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- » **Avoid making major decisions.** If possible, postpone making major decisions such as moving or changing your job in the near future.
- » **Get the support you need.** Talk to friends, family, clergy or a behavioral health professional about what you are experiencing.
- » **Keep a regular routine.** Spend time with familiar people and surroundings.
- » **Take care of yourself.** Make sure you are getting enough sleep, eating well and exercising. Relaxation exercises such as meditation or yoga can help reduce anxiety and stress. Avoid unprescribed drugs, excessive alcohol and even caffeine.
- » **Give yourself extra time for tasks.** If you find yourself distracted in the workplace, try checking your work twice or asking a colleague for help.

MHN is here to help you and your family members cope, so don't hesitate to call.

Call any time for a telephonic consultation.

(866) EAP-4SOC

(866) 327-4762

TDD callers: (800) 327-0801

Or visit us online at:

www.eap4soc.mhn.com

(register with the company code "SOC")

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